



## Dance Division Categories & Age Grid

### Hip Hop

Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity, and musical interpretation. Routine may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other kicks.

### Jazz

Routines incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity.

### Pom

Pom routines emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effects include level changes, group work, formation changes, the use of different color poms, etc. All styles of dance may be used. Leaps, turns and jumps will be allowed. No other props allowed.

### Kick

Kick routines emphasize control, height uniformity, extension, top points, timing and creativity of a variety of kick series and patterns. Kicks should be performed throughout the routine. A kick is described as one foot remaining on the floor while the other foot lifts with force.

### Contemporary/Lyrical

A contemporary or lyrical routine is a style of expressive dance that combines elements of several dance genres including modern, jazz, and classical ballet. Emphasis is placed on control, expressive movement, dynamics, alignment, uniformity, and communication.

### Variety

Open division emphasizes variety, creativity, and fun. Routines should incorporate a minimum combination of two (2) dance styles listed above. Props may be used.

## World Cheer Co - Dance Divisions 2021 - 2022

Division	Target Ages	Eligibility by Birth Year	Gender	Team Size
Tiny	4-6 Years Old	2014-2017	Female / Male	4-14 Small / 15+ Large
Mini	5-9 Years Old	2011-2016	Female / Male	4-14 Small / 15+ Large
Youth	8-12 Years Old	2008-2013	Female / Male	4-14 Small / 15+ Large
Junior	10-15 Years Old	2005-2011	Female / Male	4-14 Small / 15+ Large
Senior	12-18 Years Old	6/1/2002-2009	Female / Male	4-14 Small / 15+ Large
Open	13+ Years Old	On or before 12/31/2008	Female / Male	4-14 Small / 15+ Large